

Know Your Risk for Contracting COVID-19

If you believe you've been in contact with someone who has been diagnosed with COVID-19 (Coronavirus) and have not traveled to any of the affected areas, here is how you can determine your risk for contracting the virus.

NO RISK	LOW RISK	MEDIUM RISK	HIGH RISK
Walking by or briefly being in the same room as a person who tested positive for COVID-19.	Being in the same room as a person who tested positive for COVID-19 and had symptoms but you were not within 6 feet .	Sustained contact within 6 feet of a person with COVID-19 while they had symptoms.	Close household contacts of people with a confirmed case of COVID-19 are at an elevated risk.

If you believe you are either in the medium- or high-risk categories, call the **Nurse Advice Line** at 1-800-874-2273. Learn more about how to assess your risk from the CDC at www.cdc.gov/coronavirus. Information about COVID-19 is available at: www.tricare.mil/coronavirus and www.health.mil/coronavirus



National
Capital Region
Market